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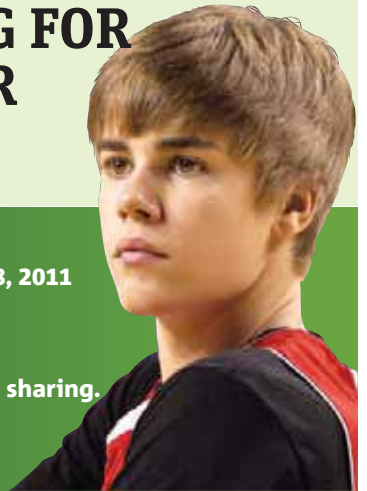
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BIG BUCKS BIDS BOOMING FOR BIEBER'S HAIR DISH {page 12}



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Monday, February 28, 2011
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 News worth sharing.

Oscars



► Natalie Portman accepts the award for best performance by an actress in a leading role for *Black Swan* during the 83rd annual Academy Awards last night at the Kodak Theatre in Hollywood, Calif. More coverage, pages 3, 10 and 11.

KEVIN WINTER/GETTY IMAGES

Portman crowned best actress

Ukrainian nurse ditches Gadhafi

Nurse one of many in inner circle
deserting Libyan dictator {page 6}

BT Classic photo gallery

See photos from the final game
online at metronews.ca/calgary

City water corp right on tap

► Airdrie, Chestermere and Strathmore already
receive water from Calgary ► Council discussing the
creation of a regional water corporation tomorrow



**KATIE
TURNER**
CALGARY@METRONews.ca

Regional water delivery will likely be done
through a wholly owned subsidiary of the
city — one that could be in operation later
this year.

Ald. Jim Stevenson said the corporation
would be responsible for providing regional
servicing of water and wastewater.

"It's important for us to set up a
sustainable system of water and
wastewater for the region and one of the
first steps to do that is to set this company
up so that we can supply water to the out-
lying areas," he said.

Calgary is currently using less than 50
per cent of the water allocated by its water
licence, according to Truper McBride, may-
or of Cochrane and chair of the Calgary
Regional Partnership.

McBride explained communities such
as Cochrane would see a transfer of licens-
ing capacity from the city to withdraw
more water of their own, while others like

Looking to the future

► **Vision** Water servicing is part of the Calgary
Metropolitan Plan, which outlines a regional
vision for the next 60 to 70 years.

► **Withdrawals** According to a city report, Cal-
gary's total water withdrawals have
remained below 2003 levels for the past
seven years.

Okotoks would likely see a direct pipeline
from city water.

He said funds collected by the city from
the communities would go towards the de-
velopment of a Bow River watershed rather
than to the city's general revenue.

"That's an investment in the future for
the region I guess because we know that
the flow rates in the Bow River will change
over time, and we think that water storage
is something, both for the region and the
City of Calgary, that we should be looking
for in the future," he said.

McBride said regional water service
could come into play within the next year.

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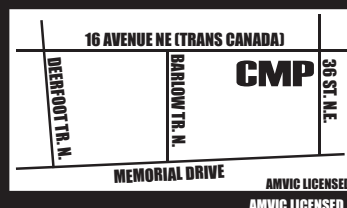
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Bankview victim didn't have enemies: Father

As family members come to grips with the death of a Calgary resident found unconscious in his burning home, the man's father can't understand why anyone would harm his son.

Police announced Thursday, one day after 57-year-old Roderick Basaraba died, they are now treating his death as a homicide.

While the investigation is ongoing, little detail — including cause of death — has been released.

The possibility that Basaraba's life may have been taken by another has left his family rattled.

"He had no enemies, that's the whole problem with all of this," said father George Basaraba.

"He was quiet, shy, and people took advantage of him because he was so kind-hearted."

George and his wife Eleanor lived next door to Roderick in the Bankview community for decades.

George arrived home after exercising Wednesday morning to a crowd of emergency vehicles.

"I just came home as usual and the police wouldn't let me cross the tape," he recalled.

Emergency crews pulled Basaraba from the home and attempted to resuscitate him, but he was later pronounced dead in hospital.

George said Basaraba was well known in the community for assisting with fundraisers and other events.

Eleanor added, "He was well loved by a lot of people. That's all I can really tell you."

A private ceremony is being planned to honour Basaraba's memory.

● JEREMY NOLAIS



► Calgary entrepreneur Melissa Gunning, centre, met up with Hollywood stars like Minnie Driver, left, and former Beverly Hills 90210 actress Kathleen Robertson.

Calgarian creates own Oscar buzz

► Local entrepreneur participates in gifting suites ahead of big awards show ► Eco-friendly storage containers well received by Hollywood crowd



JEREMY NOLAIS
@METRONEWS.CA

Brushing shoulders with some of Hollywood's finest as Oscar festivities ramped up last week was all part of the job, says one Calgary entrepreneur.

Melissa Gunning, mother of two and founder of Wean Green, was invited to Los Angeles to participate in pre-Oscar gifting suites at the Beverly Hilton.

Wean Green offers up environmentally sustainable containers, made from

100 per cent recyclable glass, that are spill-proof and intended to store baby food and other products.

"I am an eco-crazy mama," said Gunning with a laugh.

Numerous suites held ahead of the big Oscars telecast serve celebrities as a fast grab for swag while providing startups like Gunning's with major exposure.

"It's been pretty exciting down here," she said. "They (the celebrities) love it. They are all kind of eco-friendly, earth-friendly people."

Some of the numerous stars to stop by the Wean Green booth last week included Minnie Driver, former Dawson's Creek star James Van Der Beek, Jodie Sweetin — best known for playing Stephanie Tanner on longtime TV show Full House, and Gunning's personal favourite, Gossip Girl's wicked mother Kelly Rutherford.



For more local news visit
metronews.ca/
calgary

Wean Green

Melissa Gunning founded Wean Green in 2008 and began distributing her Wean Cube storage containers last year.

1 She previously participated in the Boom Boom Room gifting suite ahead of the Golden Globes last month.

2 For more information about Wean Green, visit weangreen.com.

1

news


This Week In Irony:
Cookie sales banned outside
Girl Guide founder's home.

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Moved to make a difference

Eau Claire Market's open space was converted into a yoga studio yesterday for the Power of Movement, an hour-long class held to raise money for



arthritis and autoimmune diseases. The Calgary class, taught by Calgarian Kim McNeil was one of 12 events held across Canada. Calgary Stampeder's running back Joffrey Reynolds, who does yoga twice a week as part of his Canadian Football League training, also took part. More than \$1,800 was raised in Calgary. ● METRO

Slide may have killed Alta. skier

Severe weather yesterday led a search-and-rescue team to call off recovery of two skiers believed to have been killed by a back-country avalanche near Smithers, B.C.

The slide occurred Saturday and likely killed a man from Canmore and woman from Regina, officials said. ● METRO

Girls report cougar sighting

Turner Valley RCMP are cautioning residents after a cougar reportedly chased two girls on Saturday night. The girls say they spotted the cougar under a streetlight around 6:45 p.m. and ran with the cougar in pursuit.

RCMP searched for the cougar but were unable to find it. ● METRO

Homeless art gets home of its own

- ▶ New gallery to feature new artists every few months
- ▶ Access to art, music made possible by volunteers



CAROLINA NOVOTNY
CALGARY@METRONews.ca

Homeless artists of the Calgary Drop-In and Rehab Centre will have the opportunity to display their work at Calgary's first homeless Art Gallery at the Wild Rose United Church.

The project is the result of a five-year partnership between the Wild Rose United Church and the Drop-In Centre, says Micheal Frisby, the program co-ordinator.

He also said the program, which offers clients a visual-arts studio space and a music room, has enormous therapeutic value for participants.

"It helped heal me,"



▶ Reg Knelsen points to Life Lines, which he painted with coffee as well as traditional watercolours.

said Reg Knelsen, one of the artists featured at yesterday's opening.

Speaking candidly about a childhood of sexual abuse, periods of drug and alcohol addiction and years in and out of homeless shelters, Knelsen said creating art helps him as

well as those around him.

"Surrounded by drunk people, drug addicts and psychiatric cases — we are at a higher plateau talking about art, colour, balance. All the ugly smells, the ugly clothes, the ugly faces, the ugly everything are gone," Knelsen said as he

Art works

- ▶ The sixth floor of the Drop-In Centre houses a studio overlooking the Bow where art supplies are available to participants and a music room has also been added.
- ▶ Artists receive 70 per cent of the selling price of their works, while the Church receives five per cent to cover administrative costs; 25 per cent goes back to the program to cover the cost of supplies available at the Drop-In Centre's sixth-floor facility.
- ▶ Chris Tesarski of the Alberta Party owns a landscape by Knelsen that hangs in his office.

remembered the times he's painted in the common room of the Drop-In Centre.

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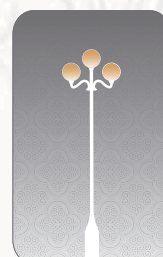
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HALYNA KOLOTNYTSKA'S FAMILY ARCHIVE/THE ASSOCIATED PRESS



► Gadhafi's nurse Halyna Kolotnytska is seen in this undated photo.

Gadhafi's nurse latest to bail

Libyan dictator Moammar Gadhafi was ditched by yet another close confidant yesterday: the Ukrainian nurse thought to have a close relationship with the leader.

A U.S. diplomatic cable released last year claims the eccentric 68-year-old leader is deeply attached to Halyna Kolotnytska, 38, one of four Ukrainian nurses that take care of him.

The cable published by WikiLeaks describes her as a "voluptuous blond" who always travels with Gadhafi as only she "knows his routine." **THE ASSOCIATED PRESS**

Expected clash between rebels, Libyan forces

► Gadhafi's son denies regime used force against its own people ► 'It is time for Gadhafi to go': Obama

Hundreds of armed anti-government forces backed by rebel troops who control Zawiyah, near Tripoli, prepared yesterday to repel an offensive by forces loyal to Moammar Gadhafi.

The Gadhafi regime, eager to show foreign reporters that the country is calm and under his control, took visiting journalists to Zawiyah, 50 kilometres west of Tripoli. But an Associated Press reporter on the tour confirmed the anti-government rebels are in control of the centre of the city of 200,000. They have deployed army tanks and anti-aircraft guns mount-

ed on pickup trucks.

On the outskirts of the city, however, the rebels are surrounded by pro-Gadhafi forces, also backed by tanks and anti-aircraft guns.

Gadhafi has launched by far the bloodiest crackdown in a wave of anti-regime uprisings sweeping the Arab world. The United States, Britain and the United Nations Security Council imposed sanctions on Libya over the weekend. Human-rights groups and European officials have put the death toll at hundreds, and even thousands.

THE ASSOCIATED PRESS

Sanctions

- Canada joined the United Nations and several Western countries in slapping sanctions against Libya after the deadly crackdown on protesters.
- But Canada decided to go beyond the sanctions announced Saturday by the United Nations Security Council, Prime Minister Stephen Harper said yesterday.
- Canada imposed an asset freeze and prohibited financial transactions with the government of Libya, its institutions and agencies, and the Libyan Central Bank

122

Halyna Kolotnytska arrived in Kyiv, Ukraine, in the early hours yesterday on a plane that evacuated 122 Ukrainians and 68 foreign nationals from Libya.

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Next up — Wills and Kate

Was it a dress rehearsal for Kate Middleton's sister and Prince Harry's on-again, off-again girlfriend?

Pippa Middleton, 27, the princess-to-be's maid of honour, and Chelsy Davy were photographed at the swanky castle wedding for Lady Katie Percy and finan-

cier Patrick Valentine.

Prince William and his fiancée were thought to be on the guest list, but the couple didn't attend Saturday, disappointing a posse of photographers. Some of the royal couple's friends did attend — including 3-year-old Grace van Cutsem,

a godchild of William's who will be one of the bridesmaids for his April 29 wedding at Westminster Abbey.

Saturday's wedding reception was held at Alnwick Castle, better known as the wizard school Hogwarts in the Harry Potter movies.

THE ASSOCIATED PRESS

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► Pippa Middleton

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Former cult leader dies in prison wrangle

- 'Moses' Theriault led notorious sect in the 1980s
- Had maniacal streak that triggered brutal violence

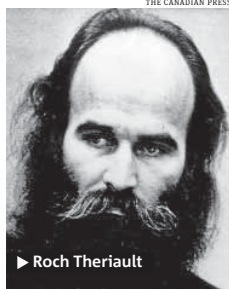
Former cult leader Roch "Moses" Theriault was found dead in his cell at Westmoreland correctional centre in Dorchester, N.B.

RCMP say Theriault, 63, was involved in an altercation early Saturday morning and died of his injuries.

Police are calling his death a homicide and have launched a murder investigation.

RCMP arrested a 59-year-old inmate in connection with the incident but he was later released back into the prisoner population.

Theriault founded and led a notorious sect in the



► Roch Theriault

1980s. It was first established in two Quebec towns, Sainte-Marie-de-Beauce and Saint-Jogues, then finally in Burnt River, Ont.

The charismatic Theriault, who wanted to be

called Moses, was brilliant at manipulating both the legal system and vulnerable people.

He was sentenced to life in prison in 1993 for the murder of his wife, Solange Boilard. He disembowelled her with a kitchen knife as part of a cult ritual.

Theriault engaged in physical and sexual abuse of cult members, including the amputation of the hand of one woman, Gabrielle Lavallee.

A television movie about the cult, which was modelled on Old Testament themes, was titled Savage Messiah.

THE CANADIAN PRESS

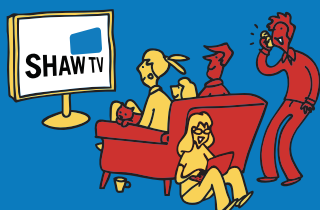
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Soaring oil prices: Who stands to gain?

► Western Canada will do much better, Central Canada noticeably worse, economists say

The Middle East unrest sending gas prices to \$1.20 a litre and beyond could prove beneficial to some.

For oil-producing provinces that collect royalties from resources, the payoff is considerable.

For non-producers, there is only pain. By some estimates, every \$10 hike in the price of oil trims Ontario's annual economic output by 0.1 to 0.3 percentage points.

As for Ottawa, which is deep in red ink, analysts believe the feds will make off like at least a modest bandit from high oil prices.

That's what happened when commodities hit record levels in the years

Market moment	
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Oil	Natural gas
	
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leading up to the 2008 recession, said Michael Grego-

ry of BMO Capital Markets. "In Canada we do get the income boost. Corporate profits go up, Canadians own stock, so their wealth goes up and the dollar tends to drift up, so you can buy more," he said. All that generates government revenues.

Profitable companies tend to hire more employees, he added, generating tax revenues. More jobs in the oilpatch mean more jobs in support manufacturing industries in Ontario.

On the other side of the ledger, high oil prices slow down the U.S. economy, which tends to hurt exporters in Ontario.

THE CANADIAN PRESS

Higher. Plane



► A Boeing 767 under assembly in Everett, Wash. The massive aircraft is the model for a new aerial tanker fleet commissioned by the U.S. Air Force.

TED S. WARREN/THE ASSOCIATED PRESS

Boeing bounces back

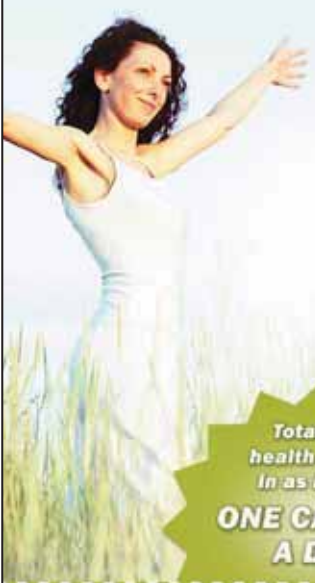
Capping a decade of delays, the U.S. Air Force awarded to Boeing Co. a \$35-billion US contract to build nearly 200 giant airborne refuelling tankers. The deal will mean tens of thousands of jobs in Washington state and Kansas.

Boomers put retirement on hold

Many baby boomers are having to postpone retirement by at least one year because of the recession, the Conference Board of

Canada says. The Ottawa think-tank says its survey of retirement goals taken in January shows that 21 per cent of Canadians — and

about one-third of baby boomers — say they have been forced to delay retiring. The average retirement age is 62. THE CANADIAN PRESS



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DID YOU HEAR? DOWNTOWN IS COOL

In Defence Of ...

MIKE MORRISON



When I first moved to Calgary, six years ago, I was given one simple rule to follow: "Never go downtown."

I thought this was odd, considering I had left New Brunswick partly to experience big-city life, but in the following months I heard that mantra repeated again and again.

Expensive parking and safety concerns had turned downtown Calgary into this city's biggest joke; somehow, despite the booms, our downtown core had apparently remained a bust.

But a funny thing has started happening: In the last few years, Calgary's downtown has started becoming cool. And not just hipster cool. No, our downtown is de-

veloping into a chic urban centre with growing parallels between Toronto and Vancouver.

Sort of, anyway. At the middle of it all is the newly renovated Core. What was once a monstrosity of a building is now stunningly beautiful — not to mention a great place to avoid mall moms with their super-deluxe strollers (the Core is still mercifully without a children's play area).

Between its stunning skylight, tons of new shops, and a rumoured Apple Store moving in just around the corner, it's become my new favourite place to shop. If only the Core and the equally cool Fashion Central

could somehow be convinced to stay open past 6 p.m. during the week, then Chinook might have some real competition!

Meanwhile, Calgary city council has become serious about making the downtown core a safer place to visit. The Cecil has thankfully been closed; it's funny how that one small thing has made the surrounding streets feel safer and

cleaner.

Are there still drunks wandering aimlessly down Stephen Avenue? Absolutely. But that's only appropriate in a city that kept on electing Ralph Klein. Besides — I'd rather deal with a homeless person asking me for spare

change than navigate the stop signs and traffic circles of MacKenzie Towne or West Hills.

There's just one problem: People aren't sticking around to experience this "new" downtown Calgary. Other cities' downtowns come to life at 6 p.m., but Calgary's remains emptier than a Parking Authority appreciation party. Blame the city's notorious urban sprawl if you'd like.

I would much rather blame the aforementioned Parking Authority, whose passive-aggressive way of ticketing virtually anybody keeps most Calgarians from even driving downtown — let alone stopping and enjoying it.

Calgary is notoriously reluctant to change. But relearning how to love something that's always been there, and happens to be better than ever — well, that just makes sense.

"... somehow, despite the booms, our downtown core had apparently remained a bust."

Cartoon

LIBYA:



MICHAEL DE ADDER

Net being swallowed up

Worth mentioning

Swelling numbers of iPads, e-readers and laptops are swallowing up the finite space on the Internet and raising fears of the types of slowdowns and glitches predicted with the Y2K bug.

The problem stems from a decades-old oversight: The Internet's inventors assumed four billion numeric addresses would be plenty.

They weren't counting on tweens from Toronto to Tibet exhausting those addresses with their iPhones, BlackBerrys and Kindles.

There's almost no room left on the Internet for new computers and gadgets and Canadian Internet service providers are com-

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THE ASSOCIATED PRESS FILE

peting rather than co-operating to solve the problem.

A new, spacious version of the Internet is available, but many ISPs waited too long to upgrade. Now the biggest fix in cyberspace may come down to the digital equivalent of binder twine and masking tape.

Canadians could see

problems when the space expires and ISPs make customers straddle the old Internet and the new Internet.

Old software might fail to reach new websites. Old firewalls might stop everything new from working altogether, or new firewalls might let in hackers old ones stopped.

THE CANADIAN PRESS

What was the highlight of the Oscars for you?

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Advertising: 403-444-0136 • adinfo@calgary.metronews.ca • calgary_distribution@metronews.ca

Publisher Steve ShROUT, **Managing Editor** Darren Krause, **Advertising Sales Manager** Chris Mackie, **Distribution Manager** Dave Mak

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Metro Minute with Year Of The Rabbit

Tonight is your last chance to take in Art Central's Year Of The Rabbit gallery. Featuring a variety of artists all commemorating the Chinese celebration with their creations, the gallery will hold its last showing today from 5-9 p.m.

This hopping set of images, which have been on display for nearly a month,

is located in Studio Todorovic on Art Central's main level at 110 100-7th Ave. SW. Some of the rabbit art on display is also available to purchase, with prices ranging from \$25-\$150.

For more information, including numerous other galleries on display at Art Central, visit artcentral.ca or call 403-543-9600.

• METRO



CONTRIBUTED

► Rabbits have ruled at Art Central for the past few weeks.

2

scene

Box office



Wherefore art thou, Gnomeo? Atop the box office, that's where. Walt Disney's Gnomeo & Juliet, an animated 3-D twist on Romeo and Juliet, took in \$14.2 million in its third week of release, leading the box office on Oscar weekend.

In a lighthearted, G-rated version of the Shakespeare drama, the film uses garden gnomes in roles usually reserved for heavyweights of the stage.

THE ASSOCIATED PRESS



For more coverage of the Academy Awards, scan this code or visit metronews.ca/scene

The King's Speech claims Oscar glory

► Movie about British monarch takes best picture, best actor, best director and best screenplay ► The Fighter gets two acting awards

The King's Speech was crowned best picture last night at an Academy Awards ceremony as precise as a state coronation, the monarchy drama leading as expected with four Oscars and predictable favourites claiming acting honours.

Colin Firth as stammering British ruler George VI in The King's Speech earned the best-actor prize, while Natalie Portman won best actress as a delusional ballerina in Black Swan.

The boxing drama The Fighter claimed both supporting-acting honours, for Christian Bale as a boxer-turned-drug-abuser and Melissa Leo as a boxing clan's domineering matriarch.

The King's Speech also won the directing prize for Tom Hooper and the original-screenplay Oscar for David Seidler, a boyhood stutterer himself.

"I have a feeling my career's just peaked," Firth said. "I'm afraid I have to warn you that I'm experiencing stirrings somewhere in the upper abdominals which are threatening to form themselves into dance moves."

Network censors bleeped Leo for dropping the F-word during her speech. Backstage, she jokingly conceded it was probably a very inappropriate place to use that particular word.

THE ASSOCIATED PRESS

Oscar winners

- Best Picture: The King's Speech.
- Actor: Colin Firth, The King's Speech.
- Actress: Natalie Portman, Black Swan.
- Supporting Actor: Christian Bale, The Fighter.
- Supporting Actress: Melissa Leo, The Fighter.
- Directing: Tom Hooper, The King's Speech.
- Foreign Language Film: In a Better World, Denmark.
- Adapted Screenplay: Aaron Sorkin, The Social Network.
- Original Screenplay: David Seidler, The King's Speech.
- Animated Feature Film: Toy Story 3.
- Art Direction: Alice in Wonderland.
- Cinematography: Inception.
- Sound Mixing: Inception.
- Sound Editing: Inception.
- Original Score: The Social Network, Trent Reznor and Atticus Ross.
- Original Song: We Belong Together from Toy Story 3, Randy Newman.
- Costume Design: Alice in Wonderland.
- Documentary Feature: Inside Job.
- Documentary (short subject): Strangers No More.
- Film Editing: The Social Network.
- Makeup: The Wolfman.
- Animated Short Film: The Lost Thing.
- Live Action Short Film: God of Love.
- Visual Effects: Inception.



► Actor Colin Firth accepts the award for best performance by an actor in a leading role for The King's Speech during the 83rd Annual Academy Awards held at the Kodak Theatre last night in Hollywood, Calif.



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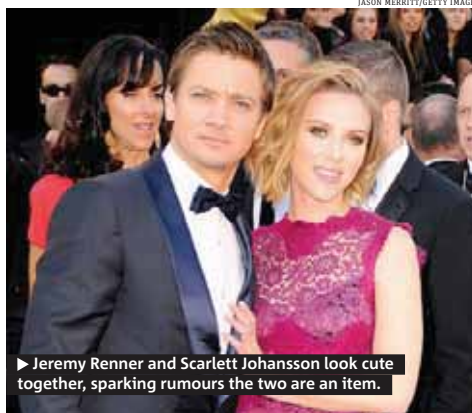
Scenes from the Red Carpet

JASON MERRITT/GETTY IMAGES



► Justin Timberlake, who brought his mom as his date, arrives at the Academy Awards.

JASON MERRITT/GETTY IMAGES



► Jeremy Renner and Scarlett Johansson look cute together, sparking rumours the two are an item.

KEVORK DJANSEZIAN/GETTY IMAGES



► Black Swan's Mila Kunis.

ETHAN MILLER/GETTY IMAGES



► Hailee Steinfeld from True Grit.

► Winter's Bone star Jennifer Lawrence rocks the red carpet with this appropriately coloured dress.

KEVORK DJANSEZIAN/GETTY IMAGES



KEVORK DJANSEZIAN/GETTY IMAGES



► The Social Network star Armie Hammer and actress Elizabeth Chambers.

JASON MERRITT/GETTY IMAGES



► Singer/actress Jennifer Hudson.

The highest concentration of cameras anywhere in the world yesterday was probably at the 83rd Academy Awards.

Besides hundreds of TV cameras on the red carpet, and a worldwide broadcast beamed to more than 200 countries, there were webcams in almost every corner just to catch a glimpse of Hollywood's stars.

Here are some of the highlights of the red carpet experience:

A radiant Oscar co-host Anne Hathaway ran into the Oscar show's producer,

Bruce Cohen, on the red carpet. "Do you like my dress?" she asked. "It's kinda pretty, huh?"

New parents Javier Bardem and Penelope Cruz, the latter in a shimmering reflective red

dress, provoked screams of rapture from the fan bleachers.

Justin Timberlake brought his mom as his date. The two posed for photos together on the red carpet.

Last year's best actor winner, Jeff Bridges, nominated for the same award again this year, arrived with his wife and three daughters in tow.

Director Taylor Hackford walked behind wife Helen Mirren, gently holding up the train of her body-hugging silver gown.

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Biebs makes use of his shorn locks

Justin Bieber is making use of the scraps left from his recent haircut.

While stopping by Ellen DeGeneres' talk show, he presented DeGeneres with a lock of his hair, which she had joked she wanted for her birthday.

Now DeGeneres is auctioning the lock for charity on eBay. Bids have already topped \$12,000 with two days still left in the auction.

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► Charlie Sheen

Charlie's next big adventure

► Embattled actor looks to pen his memoirs

After a series of epic rants against his Two and a Half Men bosses that ended with the show being cancelled for the rest of the season, Charlie Sheen is

moving on to his next gig: writing his memoirs.

According to TMZ, Sheen is pitching a book called When the Laughter Stopped that will detail his

time on the No. 1 television comedy.

Sheen is reportedly looking for \$10 million for the deal.

● METRO

Another Glee man for Taylor?

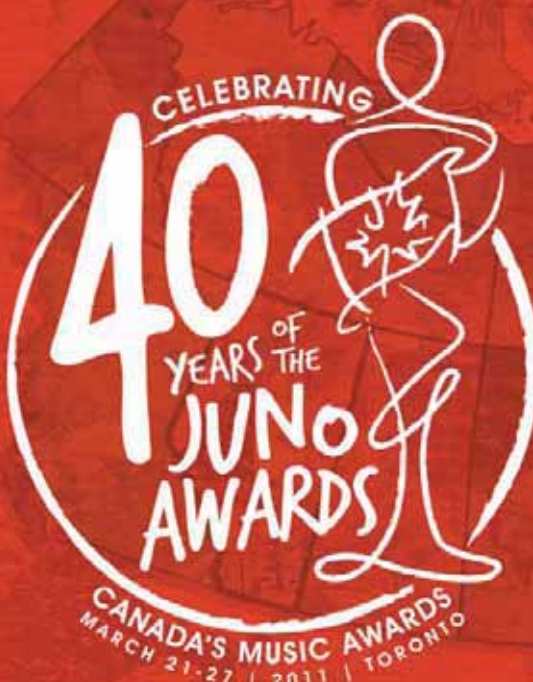
Taylor Swift may have a new squeeze in blonde Glee heartthrob Chord Overstreet, according to Us Weekly.

The pair were spotted getting cosy at a Los Angeles Kings hockey game at the Staples Center, and it

reportedly wasn't their first get-together: "They've met a few times. Chord is into her. He will definitely pursue this," a source says. Swift previously dated Overstreet's Glee co-star, Cory Monteith, although briefly. ● METRO



► Taylor Swift



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Wednesday, March 23

Juno Block Party
Presented by: SIRIUS Satellite Radio
Featuring: City and Colour with Hannah Georgas
Metro Square
Thursday, March 24

Juno Cup
Presented by: The Keg Steakhouse & Bar
The Rockers vs The NHL Greats
Ricoch Coliseum
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► Abshiro Aden Mohamed, a widow with four children who lives in a Kenyan refugee camp, walks about 20,000 steps a day. On March 8, you can help fight global poverty by walking to raise money for women like Mohamed.

3

life

Family time



Hold the chores!

Make time for some fun family activities:

- Games are a great way to kick back and relax with the family while teaching your kids patience, honesty and teamwork.
- Movies are an exciting way to escape with your family. All you need is a comfy couch, pyjamas and a DVD.
- Volunteering as a family can be fun and rewarding.

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Walking in her shoes

► CARE Canada estimates some women in poor communities walk on average 8,000 steps a day



HEATHER BUCHAN
LIFE@METRONWS.CA

All over the world, women and girls in some of the poorest communities take on the brunt of domestic labour: collecting firewood, fetching water and

gathering food. These tasks entail long, often arduous, walks.

According to CARE Canada, an aid and development organization dedicated to fighting global poverty, these women and girls walk an average of six

kilometres a day, which is about 8,000 steps.

Abshiro Aden Mohamed — a 55-year-old widowed mother of four who fled war-torn Somalia in 1991 and settled into the Dadaab Refugee Camp in Kenya where she and her

children and grandchildren still live today, along with 10,000 other refugees — surpasses the statistics. She walks an average of 20,000 steps a day.

Here's what a typical day walking in Abshiro's well-trodden shoes is like.

Zero kilometres

Abshiro wakes up at 5 a.m. to pray before waking her youngest child, a 13-year-old daughter, along with her grandchildren for school and preparing breakfast for her entire family, which includes two grown sons, and their wives and her grown daughter. She then feeds her goats, fetches water from the nearby tap stand and walks the goats to the farthest end of camp where herdsmen take them to graze in the bush.

6 kilometres

After returning home, Abshiro walks the 30-minute route to the camp's market, where she owns a grocery stall, arriving at about 9 a.m. to open her business, which she runs with her 25-year-old daughter. Abshiro spends the next two hours dealing with wholesalers and stocking her stall, before heading out at 11 a.m. on a 30-minute walk to the other end of camp where she is supervising the construction of a boarding and lodging facility. Some days she must also walk to the food ration centre.

12 kilometres

Abshiro walks back to her stall in the heat, arriving at 1 p.m. to check on business. She then walks home to prepare tea for the children, perform her afternoon prayers and fetch more water. By the time she returns with water, it is 6 p.m. and Abshiro prepares dinner for the family. While they eat, she walks to the outskirts of camp to pick up her goats. She and the goats return home, she feeds them, performs evening prayers and bathes.

15 kilometres

At 9 p.m., Abshiro finally eats dinner, visits with neighbours for 20 minutes, does her laundry and goes to bed around 11:30 p.m.

"Every day is a happy day given to us by God," she says. "I am healthy and at peace of heart. I have all my children with me ... and they are of good health."

Women's Day

On March 8, celebrate International Women's Day and fight global poverty. Here's how you can help:

- **Walk**
Take part in CARE Canada's Walk in Her Shoes national challenge.
- **Raise Money**
You will raise money while walking 8,000 steps a day from March 2 to 8, or build your own challenge by setting up your own step count and time frame.
- **Register**
Register individually or as part of a team at care.ca.
- **Results**
Money raised will empower women and girls to improve their lives through access to education, health care, clean drinking water and earning a living.

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DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONews.ca



Arugula, popular with Italian cooks since Roman times, is getting its own shelf space in grocery stores, as producers look for new greens to entice consumers.

Here, it's used to make a sweet and peppery fresh basil and arugula pizza.

Preparation:

1 In a large bowl, stir water and yeast together, add all purpose and spelt flours, salt and oil until ragged firm dough comes together. Turn out onto a lightly floured surface and knead until dough feels elastic and smooth. Place dough in lightly oiled bowl, cover with plastic wrap and let rest for 30 minutes.

2 **Toppings:** Meanwhile, in a skillet heat oil over medium heat, and cook mushrooms and garlic

until soft. Add artichokes and lemon rind and cook, stirring until warmed through or about two minutes. Season with salt and pepper, to taste.

3 In a small bowl, stir together pesto and sour cream.

4 Place a baking tray in the oven and preheat to 500 F (260 C).

5 Divide pizza dough into 2 discs. On lightly floured surface, roll out each piece to about 9

inches (23 cm) across. Remove heating pan from oven and sprinkle lightly with cornmeal.

6 Place rolled crust on pan and spread thin layer of the pesto mixture. Arrange prosciutto on top and spoon mushroom filling over top and bake for 10 to 15 minutes or until edges are golden.

7 Sprinkle pizzas with Parmesan and top with basil and arugula.
WITH FILES FROM THE ASSOCIATED PRESS



► Use a vegetable peeler to shave the Parmesan over the pizza.

Ingredients:

- 3/4 cup (175 mL) tepid water (about 105 F/40 C)
- 2 1/4 tsp instant dry yeast
- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) spelt flour
- 1 tsp (5 mL) salt
- 3 tbsp (45 mL) olive oil
- 2 cups (500 mL) lightly packed baby arugula leaves
- 1/3 cup (75 mL) lightly packed fresh basil leaves

Toppings

- 2 cups (500 mL) lightly packed baby arugula leaves
- 1/3 cup (75 mL) lightly packed fresh basil leaves

- 1 jar (14 oz/398 mL) marinated artichokes
- Salt and pepper
- 1 tsp (5 mL) grated lemon rind
- 1/4 cup (50 mL) basil pesto
- 3 tbsp (45 mL) sour cream
- Cornmeal for sprinkling
- 12 slices prosciutto
- 2 oz (60 g) shaved Parmesan cheese
- 2 cups (500 mL) lightly packed baby arugula leaves
- 1/3 cup (75 mL) lightly packed fresh basil leaves

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV

CELEBRITY CHEF. FOR MORE, VISIT EMILY.RICHARDSCOOKS.CA.



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Retire Your Ride rewards Canadians for recycling their older polluting vehicles – but the program ends March 31st. Don't miss your chance to get cash, transit passes or more. If your vehicle's model year is 1995 or older, visit RetireYourRide.ca or call 1-877-PRE-1996 today.

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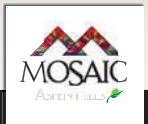


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Putting ice on a low-salt diet

► There are new alternatives to those environmentally unsafe road salts ► EcoTraction is one that may stick



BEN KNIGHT
LIFE@METRONews.ca

Canadian cities use an enormous amount of salt and gravel to keep their roads and highways ice-free. This salt damages infrastructure, eventually seeping into the ground and water systems, where it causes harmful, expensive, toxic after-effects.

EcoTraction is a pollution-free alternative developed by Canadian entrepreneurs. It bonds to ice, increasing traction, and blows away as dust when the ice is gone. It's been featured on the popular CBC television program *Dragons' Den*.



► Increasingly, there are safe alternatives to using harmful road salts.

What are the pollution dangers of traditional road salt?

"Every ton of salt that we put on the road causes \$900 in damage to roads, bridges and landscaping in our cities," says EcoTraction co-founder Mark Watson. "That's not counting rust on cars, and your shoes that get destroyed, and your pets that get sick. Multiply that by 10-million tons, and now you've got a \$9-billion problem. On top of that, every ton of salt contaminates 1.64 million

litres of water, to the point where it is no longer drinkable. There is no industrial contaminant larger than road salt."

How does this new product work?

"EcoTraction is 100 per cent eco-friendly alternative to chloride-based ice melters," Watson explains.

"It's an all-natural volcanic mineral that absorbs the thin layer of water on the surface of snow and ice, and embeds itself to

create a traction zone that makes it safe to walk. It's so safe, it helps plants grow — and actually decontaminates water. A lot of it simply disappears as dust. It can also be swept up, and used again the following year. This stuff can even be added to municipal compost — those green-bin programs — to make super-rich compost."

What are the costs compared to traditional salt?

"One cup of our Eco-

Traction is equal to nine cups of salt," Watson notes.

"Per square foot, it's half the price, and there's no toxic secondary consequences. It doesn't burn the concrete. It doesn't burn landscaping. It doesn't burn a city's fleet of vehicles. When salt goes in the water, it's a massive pollutant. When EcoTraction goes into the water, it filters dangerous material, and is safe for aquamarine life."

Calgary

What's going on in your city:

► Efforts As of 2009, the City of Calgary was using

between 30,000 and 40,000 tons of road salts annually. The city has a salt management plan which includes the use of sophisticated electronics to deliver precise amounts.

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Just say no to scare tactics: Experts

► When it comes to drug prevention among teens, a realistic approach may be the key

Nathaniel Koutsostavros had a rough adolescence. An absent father and a bipolar grandmother created a tough life at home, while weight issues and depression made high school painful.

At 17, he turned to drugs and soon spiralled out of control, often spending \$300 a day on cocaine. Looking back, many of those days remain a blur, but the Toronto native does remember the prevention programs that tried to stop him from what he had become, and how they didn't seem to work.

"It was unrealistic," says Koutsostavros, now a recovering drug addict who remembers the scare tactics used to ward teens away from substance

"Drugs are devastating to our society, it's sort of enraging in a way ... Why then aren't we taking a more aggressive approach to prevention and treatment? As a society perhaps we incorporate (substance abuse) as things that are inevitable, but that's not the case, it need not be."

DR. NORA VOLKOW,
DIRECTOR OF THE NATIONAL
INSTITUTE ON DRUG ABUSE

abuse. "If someone would have come to me and honestly talked to me about drugs, it probably would have helped a little more."

Koutsostavros recalls being plied with horror stories about how one ecstasy pill could kill, or how smoking marijuana would lead to schizophrenia. Daring teenagers not to use drugs simply goaded them into trying them, he says.

"When I tried weed I said, 'This is not doing anything,' and so I would try other drugs and they would have a more positive effect than what they led me to believe," says Koutsostavros. "I feel like scare tactics are the worst things you can use with drugs."

The 21-year-old, who completed a stint in rehab a year and a half ago, now shares his experiences with high school kids, offering a realistic view of what happens to addicts. No horror stories, just the facts.

It's an approach that a leading scientist in the U.S. is trying hard to push into practice all over North America.

Dr. Nora Volkow, director of the National Institute on Drug Abuse, says teens are more likely to respond to drug prevention messages if they come from other young people. But, she cautions, teens are also more likely to take drugs if their peers do as well.

"We need to tailor ad-



► A multi-pronged drug prevention approach, targeting an adolescent's family, school and community, is needed, says a leading U.S. scientist.

diction programs to take into account these two factors," says Volkow. "A message that is targeted toward really emphasizing the negative consequences in a way that is tailored for adolescents would be more effective."

A multi-pronged drug prevention approach, which targets an adolescent's family, school and community, would pack the hardest punch, she says. But while evidence for the success of such programs exists, Volkow says only a handful of schools and communities implement them. And that's something she hopes will change.

"You need simple, realistic, user-friendly prevention

otherwise it won't go anywhere," she says.

And when teens do get to a point where they are hooked onto a substance, their addiction must be treated as a disease, she says, and not as a weakness or a lack of moral fibre.

Volkow adds that she considers drugs — which include alcohol — the number 1 cause, directly or indirectly, of deaths among young people.

Dennis Long knows communities can do more to prevent teenage substance abuse. The director of Breakaway, a Toronto-based outreach and addiction treatment centre, has been in the field for 35 years and says the numbers for youth drug use

aren't declining in any significant way.

But he says it's important that teen drug abuse prevention programs get away from focusing solely on addiction because adolescents use substances differently. Long explains that teenagers have a higher tendency to stay clean during the week and then binge on any given substance over the weekend, meaning prevention efforts have to take such habits into consideration.

He adds that it's also important for parents and teachers to realize that substances like alcohol can be just as dangerous as hard drugs when abused.

"We get parents in here that are very upset they've discovered a joint in their

The teen brain

Part of the solution is understanding just how different teenage brains are.

► Volkow explains that teen brains are thought to be more likely to experiment with drugs because they are still developing. The connections between the area of the brain that makes decisions and the area that takes action aren't as strong as those in adults, she says.

► Once exposed to drugs, Volkow's institute has shown that teenagers are more vulnerable to becoming addicted because their developing brains are able to adapt and learn certain behaviours faster than adults.

son or daughter's room and yet, when we start talking to the young person we find they're drinking at an alarming rate but the parents are like, 'Oh that's OK, it's just beer,' he says. "We have to start to look at how we endorse certain kinds of behaviour patterns among young people."

Ultimately, Long's team tries to stay realistic when reaching out to teens.

"We don't come from a hard-line abstinence base. That's completely ineffective," he says. "We give them the straight facts, drawn from scientific evidence. We don't try to scare them."

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For a year and a half he sat beside his grandfather every chance he could, listening to his views on life and business.

His beloved granddad

BUILDING A BUSINESS

had cancer and Kyle Braatz knew his time with him was limited.

When it finally came time to say goodbye, Kyle decided he would honour his life by organizing a cross-country bike tour that raised more than \$100,000 for cancer research.

Armed with that experience and his granddad's advice, Braatz decided to start his own company in Ottawa.

His company, Netgen, which launched in 2009, is now a successful digital marketing firm.

At the age of 26, Braatz

has started three companies and is working on a fourth.

Finding and working with mentors have taken Kyle's entrepreneurial skills to the next level.

"Sometimes you have the best idea going but you're afraid to ask for feedback," he said.

"They genuinely want to help so don't think you're a burden."

Kyle's inspiration and biggest mentor was Frank Moores, the second premier of Newfoundland.

He learned from one of the best. Granddad Frank would be proud.

Starting out

- Make community and relationships the foundation of your life and your business.
- Money should not be your motivation; it is merely an indicator that comes from following passion.



► Kyle Braatz, co-founder and CEO of Netgen.

Make the most of your home office

Today's home offices can be versatile in look, function, form — even location. Frank Turco, senior manager of trend and design with The Home Depot Canada, recommends these tips to make your home office work for you.

If your home doesn't have a dedicated office, in-

corporating a workstation into the kitchen can be easily done. Plus, easy access to the workstation ensures you can keep your eyes on the "staff" while they play close by.

Look to better organize your workstation. If the base of your computer is only accessed for trou-

bleshooting, place it under your desk.

Take the pegboard out of the garage and use it in your office to hang essentials — everything from scissors to staplers. Try painting the pegboard a bright colour to add a touch of decor to the space. **NEWS CANADA**

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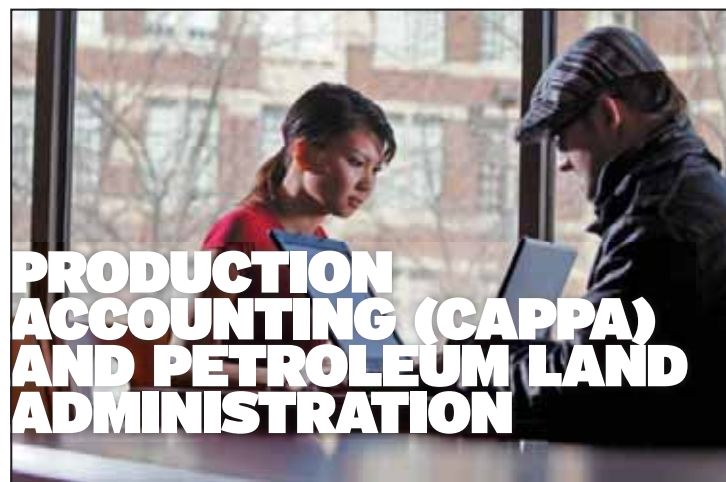
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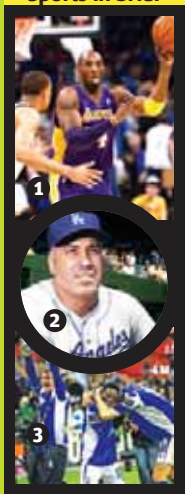
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4 sports

Sports in brief



1 The Lakers extended their cushion over Oklahoma City in the Western Conference standings by beating the Thunder 90-87.

2 Hall of Fame centre-fielder Duke Snider died yesterday. He was 84.

3 Birmingham ended a 48-year wait for silverware by upsetting Arsenal 2-1 with a last-minute winner in the Carling Cup final.
THE ASSOCIATED PRESS



Scan code for more sports



► Miikka Kiprusoff has the net pushed over him by David Backes of the St. Louis Blues in the first period last night.

Kipper holds the fort in win

► Flames goalie sharp when he needs to be ► Makes 27 saves and has bounces go his way against Blues ► Two teams meet again tomorrow night

Miikka Kiprusoff earned his fifth shutout of the season and David Moss scored the only goal last night as the Calgary Flames defeated the St. Louis Blues 1-0.

Calgary broke a scoreless tie at 5:39 of the third period thanks to a bad sequence from Blues defencemen Carlo Colaiacovo and Tyson Strachan.

Strachan failed to control Colaiacovo's cross-ice pass deep in his own end. When Strachan did corral the puck, his clearing attempt was knocked down by Alex Tanguay, who fed Moss. He quickly snapped his 15th goal past Ben Bish-



op before being wiped out by a sliding Colaiacovo.

St. Louis pressed hard in the game's dying moments and nearly tied things with three minutes to go.

Brad Boyes banked a shot in off Kiprusoff from the side of the Flames net, but the goal was waved off by back referee Dan O'Rourke, who judged St. Louis forward David Backes had knocked the puck out of the air with a high stick.

One minute later, Patrik Berglund's shot beat Kiprusoff cleanly but hit the post.

Calgary (32-23-9) finished its five-game homestand 3-1-1 and moved into sole possession of sixth place in the Western Conference.

St. Louis (28-25-9) lost

for the fourth time in its last five and remains in 13th place in the conference.

Kiprusoff's best stop came midway through the second when a lane opened up for Alex Pietrangelo. The Blues defenceman skated in all alone, but Kiprusoff kicked out a pad as Pietrangelo went to his backhand.

Kiprusoff was busiest in the third period when he was peppered with 14 shots. It was the 39th career shutout for Kiprusoff, who was making his 16th straight start.

THE CANADIAN PRESS

Deadline day could lack drama

The biggest day for buzz on the NHL calendar starts awfully early in Allan Walsh's office. The Los Angeles-based agent is making sure all hands are on deck leading up to today's trade deadline.

"I want the office completely staffed and we're up and running at 4:30 a.m. L.A. time," Walsh said yesterday. "We divide up responsibilities. I have a couple people that I assign to monitoring what's going on — TSN, Sportsnet, on the Internet. At the same time, I'm working the phones talking to different GMs and players."

It's the kind of scene that plays out all over the hockey world. Management teams gather in war rooms, anxious players stay glued to their cell-phones and fans tune in for hours and hours of live television coverage and analysis.

There is traditionally a dizzying amount of action — 31 trades involving 55 players were made last year — as teams try to load up for a playoff run or get started on a rebuild.

A unique aspect of today's 1 p.m. deadline is the fact an unusually high number of deals have already been made in recent weeks. More than two-thirds of NHL teams have been involved in player transactions this month, raising doubts about how much action will be left for the final day.

Walsh is confident there will still be plenty of movement. He spoke with about 12 GMs yesterday in an effort to get an understanding of what might be coming for his clients.

"I think there'll be a lot of activity, I just think there's not going to be many — if any — blockbuster deals," said Walsh. THE CANADIAN PRESS

Holland denies Jones a fourth straight title

Saskatchewan's Amber Holland has ended the reign of Jennifer Jones at the Scotties Tournament of Hearts with an 8-7 win over the four-time champion.

Holland stole a single point in the 10th end last night for the victory.

Holland, third Kim Schneider, second Tammy Schneider and lead Heather

4 Jennifer Jones was attempting to win a fourth straight Scotties and tie the record for consecutive titles.

Kalenchuk will represent Canada at the Capital One World Women's Curling Championship.
THE CANADIAN PRESS



► Amber Holland

Sports in brief

Cabrera will join lineup

MLB. Miguel Cabrera will be in the Detroit Tigers' lineup for the first time this spring as a designated hitter in today's exhibition game against the New York Yankees.

Cabrera missed the first week of camp after being arrested for suspicion of driving under the influence of alcohol Feb. 15 near Fort Pierce, Fla.

He reported to camp Thursday.
THE ASSOCIATED PRESS

Donald wins Match Play

GOLF. Luke Donald spoiled Martin Kaymer's rise to No. 1 in the world by winning the Match Play Championship with a week so dominant that he never played the 18th hole. With the match tied at the turn, Donald won two straight holes and finished off Kaymer on the 16th hole.
THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	62	40	16	3	3	203	159	86	20-8-1-2	20-8-2-1	6-3-1-0	L1
d-Tampa Bay	62	37	18	3	4	191	190	81	21-7-1-3	16-11-2-1	5-3-0-2	W3
d-Boston	62	36	19	2	5	194	148	79	15-12-1-2	21-7-1-3	6-4-0-0	W5
Pittsburgh	64	37	21	3	3	187	159	80	20-11-2-0	17-10-1-3	3-5-1-1	W1
Washington	63	33	20	5	5	168	161	76	17-8-5-2	16-12-3-0	5-5-0-0	W1
Montreal	63	33	23	4	2	165	164	73	20-8-3-3	13-15-1-0	3-5-0-2	W1
NY Rangers	64	33	27	2	2	179	157	70	14-15-1-2	19-12-1-0	4-6-0-0	L1
Carolina	63	29	25	4	5	184	193	67	16-10-1-2	13-15-3-3	3-4-2-1	L1
Buffalo	61	29	25	6	1	176	177	65	14-15-2-1	15-10-4-0	5-3-1-1	L1
Toronto	63	27	27	4	5	164	193	63	14-11-3-4	12-16-1-1	5-1-2-2	L2
Atlanta	63	26	28	4	7	178	205	63	14-12-1-5	12-14-3-2	2-6-1-1	W1
Florida	62	26	29	3	4	159	171	59	12-12-3-3	14-17-0-1	3-4-1-0	L1
New Jersey	62	27	31	3	1	132	164	58	13-13-2-1	14-18-0-1	9-1-0-0	W1
NY Islanders	63	23	32	4	4	172	205	54	12-15-1-3	11-17-3-1	6-3-1-0	L3
Ottawa	62	21	32	5	4	143	200	51	11-16-2-3	10-16-3-1	4-5-0-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	63	39	15	4	5	208	150	87	22-6-1-4	17-9-3-1	5-5-0-0	L1
d-Detroit	62	38	18	4	2	206	179	82	17-10-3-1	21-8-1-1	7-3-0-0	W1
d-San Jose	65	36	21	4	2	178	162	78	15-7-2-1	21-11-2-1	9-1-0-0	W6
Phoenix	64	33	21	6	4	184	186	76	15-10-3-2	19-11-3-2	7-2-0-1	L3
Los Angeles	62	35	22	2	2	174	149	74	18-9-1-0	16-14-1-2	7-1-1-1	W9
Calgary	64	32	23	3	6	190	182	73	18-10-1-5	13-13-2-3	6-2-1-1	W1
Chicago	62	33	23	2	4	198	172	72	19-14-0-0	14-9-3-3	6-2-0-2	W4
Dallas	62	33	23	2	4	171	175	72	18-9-2-3	15-14-0-1	3-6-1-0	W2
Minnesota	62	33	23	1	5	163	162	72	16-12-0-3	17-11-1-2	6-3-0-1	W1
Nashville	63	32	23	5	3	161	151	72	15-7-4-3	17-16-1-0	4-5-1-0	W1
Anaheim	63	33	25	3	2	176	186	71	18-10-1-1	15-15-2-1	5-4-1-0	W1
Columbus	61	31	24	3	3	170	181	68	16-13-0-2	15-11-3-1	6-3-0-1	L1
St. Louis	62	28	25	4	5	173	180	65	14-15-1-0	10-15-3-2	4-5-0-1	L1
Colorado	63	26	30	7	0	183	217	59	14-13-4-0	12-15-3-0	1-4-1-0	L3
Edmonton	63	20	35	1	7	158	211	48	10-19-1-3	10-16-1-3	4-6-0-0	L2

d = division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results

Calgary 1 St. Louis 0
Atlanta 3 Toronto 2 (OT)
Boston 3 Edmonton 2
Anaheim 3 Colorado 2
Chicago 4 Phoenix 3 (SO)
Nashville 3 Columbus 2
New Jersey 2 Florida 1
Tampa Bay 2 N.Y. Rangers 1
Saturday's results
Montreal 4 Carolina 3
Ottawa 4 Philadelphia 1
Boston 3 Vancouver 1
Pittsburgh 6 Toronto 5 (SO)
Dallas 3 Nashville 2
Detroit 3 Buffalo 2 (SO)

LIGHTNING 2, RANGERS 1

First Period

1. Tampa Bay, St. Louis 24 (Downie) 5:04
Penalties — Brewer TB (cross-checking) 1:03, Hedman TB (tripping) 13:43, Downie TB (roughing) 19:24.

Second Period

2. N.Y. Rangers, Prust 10 (McDonagh, Boyle) 9:42 (sh)
Penalties — Zuccarello NYR (tripping) 4:42, Christensen NYR (interference) 8:39, Dubinsky NYR (high-sticking) 11:59.

Third Period

3. Tampa Bay, Lecavalier 15 (St. Louis, Purcell) 2:40 (pp)
Penalties — Girardi NYR (boarding) 1:11, Boyle NYR (delay of game) 2:04, Dubinsky NYR (interference) 4:22, Clark TB (holding) 13:12.

Shots

Tampa Bay 7 5 7 19
N.Y. Rangers 4 9 10 23
Goal — Tampa Bay: Roloson (W,18-19-2); N.Y. Rangers: Lundqvist (L,25-21-4). Power plays (goals-chances) — Tampa Bay: 1-6; N.Y. Rangers: 0-4.

Referees — Ian Walsh, Kelly Sutherland.
Linesmen — Scott Driscoll, Tim Nowak.
Attendance — 18,200 (18,200).

DEVILS 2, PANTHERS 1

First Period

No Scoring.
Penalties — Greene NJ (slashing) 10:55, Dvorak Fla (hooking) 15:28.

Second Period

1. New Jersey, Clarkson 9 (Pelley, Mair) 5:46
2. New Jersey, Rolston 11 (Zubrus) 9:11 (pp)

Los Angeles 4 Colorado 3
Washington 3 N.Y. Islanders 2

Tonight's games

Chicago at Minnesota, 8 p.m.
Detroit at Los Angeles, 10:30 p.m.

Tomorrow's games

Buffalo at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.

Florida at Carolina, 7 p.m.
Montreal at Atlanta, 7 p.m.

Boston at Ottawa, 7:30 p.m.
Calgary at St. Louis, 8 p.m.

Nashville at Edmonton, 9 p.m.
Dallas at Phoenix, 9 p.m.

Columbus at Vancouver, 10 p.m.
Colorado at San Jose, 10:30 p.m.

Penalty — Weaver Fla (holding) 9:08.

Third Period

3. Florida, Reardon 13 (Repik, Santorelli) 15:31
Penalty — Hordichuk Fla (interference) 3:00.

Shots

New Jersey 10 10 6 26
Florida 11 7 8 26
Goal — New Jersey: Brodeur (W,14-19-2); Florida: Volokun (L,20-22-4). Power plays (goals-chances) — New Jersey: 1-3; Florida: 0-1.

Referees — Paul Devorski, Rob Martell. Linesmen — Brian Murphy, Pierre Racicot.
Attendance — 16,592 (17,040).

THRASHERS 3, LEAFS 2 (OT)

First Period

1. Toronto, Lemieux 22 (Grabovski, MacArthur) 6:09

2. Toronto, Kessel 26, 8:34

Penalties — Brent Tor (tripping) 2:00, Lebda Tor (interference) 17:08, Mason Atl (holding; served by Wheeler) 19:35.

Second Period

No Scoring.
Penalties — Kane Atl (goaltender interference) 1:35, Ladd Atl (hooking) 6:23, Brent Tor (hooking) 14:00, Audie Tor (high-sticking) 19:18.

Third Period

3. Atlanta, Ladd 23 (Wheeler, Enstrom) 0:23 (pp)

4. Atlanta, Stapleton 1 (Stewart, Bogosian) 15:24

Penalty — Antropov Atl (charging) 5:15.

Overtime

5. Atlanta, Hainsey 2 (Little, Oduya) 2:31

Penalties — None.

Shots

Toronto 12 5 6 1-34
Atlanta 11 11 20 1-43

Goal (shots-saves) — Toronto: Reimer (18-

18), Giguere (L,11-10-4)(16:04 second)(25-22); Atlanta: Mason (W,8-8-3). Power plays (goals-chances) — Toronto: 0-4; Atlanta: 1-4. Referees — Eric Furlatt, Ghislain Hebert. Linesmen — Derek Nansen, Shane Heyer. Attendance — 13,147 (18,345).

BLACKHAWKS 4, COYOTES 3 (SO)

First Period

1. Chicago, Toews 21 (Kopecky) 2:52

2. Chicago, Toews 22 (Seabrook, Kane) 16:55 (pp)

Penalties — Stalberg Chi (high-sticking) 13:57, Schlemko Pho (holding) 16:10, Aucoin Pho (tripping) 16:31.

Second Period

3. Phoenix, Aucoin 3 (Yandle, Doan) 2:13

4. Chicago, Hossa 15 (Kane, Keith) 8:14 (pp)

5. Phoenix, Vandle 10 (Whitney, Boedker) 11:11 (pp)

6. Phoenix, Hanzal 15 (Whitney, Boedker) 17:01 (pp)

Penalties — Stalberg Chi (hooking) 2:57, Doan Pho (roughing) 6:26, Dowell Chi (high-sticking) 10:38, Hossa Chi (hooking) 16:51.

Third Period

No Scoring.

Penalties — None.

Overtime

No Scoring.

Penalties — None.

Shootout

Chicago wins 1-0

Phoenix (O) — Upshall, miss; Vrbata, miss; Turris, miss. Chicago (L) — Toews, goal; Sharp, miss; Kane, miss.

Shots

Phoenix 8 14 5 2-29
Chicago 17 9 12 3-41

Goal — Phoenix: Bryzgalov (L,27-15-7); Chicago: Crawford (W,22-12-3). Power plays (goals-chances) — Phoenix: 2-4; Chicago: 2-3.

Referees — Stéphane Auger, Brad Meier. Linesmen — Greg Devorski, Andy McElman. Attendance — 21,473 (19,717).

FLAMES 1, BLUES 0

First Period

No Scoring.

Penalties — Crombeen STL (double high-sticking) 6:03, Bouwmeester Cal (hooking) 20:00.

Second Period

No Scoring.

Penalties — Jackman STL (interference) 2:27, D'Agostini STL (hooking) 10:32, Glenross Cal (hooking) 10:40.

Third Period

1. Calgary, Moss 15 (Tanguay) 5:39

Penalty — Sarich Cal (holding) 14:56.

Shots

St. Louis 10 3 14 27
Calgary 6 9 5 20

Goal — St. Louis: Bishop (L,2-2-0); Calgary: Kiprusoff (W,28-20-5). Power plays (goals-chances) — St. Louis: 0-3; Calgary: 0-4.

Referees — Gord Dwyer, Dan O'Rourke. Linesmen — Ryan Galloway, Dan Schachte. Attendance — 19,289 (19,289).

BRUINS 3, OILERS 2

First Period

1. Edmonton, Hensky 14 (Vandermeer, Penner) 1:05

2. Boston, Ryder 17 (Lucic, McQuaid) 15:30

3. Boston, Horton 17 (Krejci, Seidenberg) 18:39

Penalties — Horton Bos, Peckham Edm (fighting) 8:27.

Second Period

4. Boston, Peverley 15 (Ryder, Kelly) 19:08

Penalties — McQuaid Bos (tripping) 0:16, Foster Edm (tripping) 2:26, Hall Edm (roughing) 8:01.

Third Period

5. Edmonton, Broule 7 (Eberle, Strudwick) 3:14

Penalties — Marchand Bos, Cogliano Edm (fighting) 3:38, Lucic Bos, Vandermeer Edm (fighting) 4:57.

Shots

Boston 15 17 8 40
Edmonton 5 7 5 17

Goal — Boston: Rask (W,8-11-1); Edmonton: Dubnyk (L,8-9-6). Power plays (goals-chances) — Boston: 0-2; Edmonton: 0-1.

Referees — Mike Rehman, Kevin Pollock. Linesmen — Mike Cvik, Lonnie Cameron. Attendance — 16,839 (16,839).

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	42	15	.737	—
d-Miami	43	17	.717	½
d-Chicago	40	17	.702	2
Orlando	38	22	.633	5½
Atlanta	35	23	.603	7½
New York	30	27	.526	12
Philadelphia	30	29	.508	13
Indiana	26	32	.448	16½
Charlotte	26	33	.441	17
Milwaukee	22	36	.379	20½
Detroit	22	39	.361	22
New Jersey	17	42	.288	26
Toronto	16	44	.267	27½
Washington	15	43	.259	27½
Cleveland	11	48	.186	32

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	49	10	.831	—
Dallas	43	16	.729	6
d-L.A. Lakers	42	19	.688	8
d-Oklahoma City	36	22	.621	12½
New Orleans	35	26	.574	15
Portland	33	25	.569	15½
Denver	34	26	.567	15½
Memphis	33	28	.541	17
Utah	32	28	.533	17½
Phoenix	30	27	.526	18
Houston	30	31	.492	20
Golden State	26	32	.448	22½
L.A. Clippers	21	39	.350	28½
Sacramento	14	43	.246	34
Minnesota	14	46	.233	35½

d = division leader.

Yesterday's results

Dallas 114 Toronto 96
Houston 91 New Orleans 89

L.A. Lakers 90 Oklahoma City 87
Minnesota 126 Golden State 123

New York 91 Miami 86
Orlando 100 Charlotte 86

Philadelphia 95 Cleveland 91
Phoenix 110 Indiana 108 (OT)

San Antonio 95 Memphis 88
Atlanta at Portland

Saturday's results
Detroit 120 Utah 116
Memphis 120 Sacramento 92

Dallas 105 Washington 99
Houston 123 New Jersey 108

Chicago 83 Milwaukee 75
Boston 99 L.A. Clippers 92

Tonight's games
Phoenix at New Jersey, 7 p.m.

Chicago at Washington, 7 p.m.

Atlanta at Denver, 9 p.m.

Boston at Utah, 9 p.m.

L.A. Clippers at Sacramento, 10 p.m.

Tomorrow's games
Golden State at Indiana, 7 p.m.

New York at Orlando, 7 p.m.

Dallas at Philadelphia, 7 p.m.

New Orleans at Toronto, 7 p.m.

San Antonio at Memphis, 8 p.m.

Detroit at Milwaukee, 8 p.m.

L.A. Lakers at Minnesota, 8 p.m.

Houston at Portland, 10 p.m.

LACROSSE

NLL

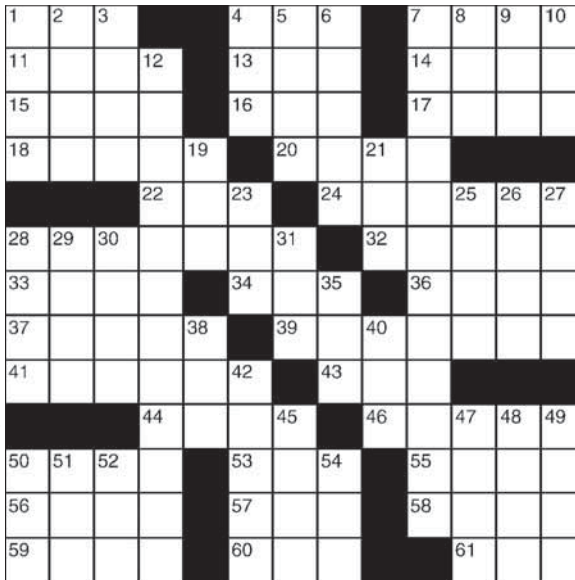
EAST DIVISION

Rochester	9	5	4	.556	85	96	2½
Philadelphia	9	4	5	.444	82	97	3½

Crossword

Across

1 Diner sandwich, for short
4 Matterhorn, for one
7 Too
11 Atmosphere
13 That woman
14 Lowly worker
15 Applaud
16 Past
17 End of a magnet
18 Pair on a Bactrian's back
20 Rise high
22 Fall behind
24 Broccoli cluster
28 Custodian
32 Over
33 Oil cartel
34 Director Luhrmann
36 State with certainty
37 Op-ed piece
39 Occidental
41 Missive
43 "How — love thee?"
44 Wife of Osiris
46 Tyrolean melody
50 Office reminder
53 Toothpaste type
55 — contendere
56 Persia, now
57 Have bills
58 Slugger Sammy
59 — and crafts
60 Genetic matter (Abbr.)
61 Fellows
Down
1 Composer J.S.
2 Humdinger
3 Streetcar
4 "Eureka!"
5 Lower limbs



6 Irrefutable evidence
7 Acts of praise
8 Virgo neighbor
9 Scale note
10 Inseparable
12 Computer programs
19 Perched
21 — carte
23 Sailor
25 Wander
26 Always
27 Gull's cousin
28 "Piano Man" singer
Billy
29 Church section
30 Egg container?
31 Uncooked
35 Last letter in London
38 Affirmative
40 Sauce source
42 Severity
45 Stitched
47 Ill fate
48 Otherwise
49 Give temporarily
50 Actress Farrow
51 Blunder
52 Wrestling surface
54 Meadow

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

6	9	1	4	7	8	3	2	5
7	8	4	5	2	3	1	9	6
5	3	2	1	9	6	8	7	4
8	5	6	2	1	7	9	4	3
9	4	7	3	8	5	6	1	2
1	2	3	6	4	9	5	8	7
3	7	9	8	6	2	4	5	1
4	6	8	7	5	1	2	3	9
2	1	5	9	3	4	7	6	8

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min -18° Max -17°	Min -25° Max -19°	Min -18° Max -12°

Andrew Schultz,
Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 Your confidence may be at a low ebb as the new week begins but it's only a passing phase, so don't feel too bad

♉ **Taurus** April 21-May 21 You don't have to go along with what other people suggest. You have a mind of your own and you would be wise to use it today.

♊ **Gemini** May 22-June 21 You may be tempted to hit the town and have a good time but there are more important things you should be doing. The Sun in Pisces can make or break your reputation, so do you party hard or do you work hard?

♋ **Cancer** June 22-July 22

Someone will make you the kind of offer you find hard to refuse but if you are smart you will say "no". If it sounds too good to be true it's most likely a trick to part you from something you value.

♌ **Leo** July 23-Aug. 23 Do not get involved in a quarrel that has nothing to do with you. Not only will you be unable to resolve it but the warring parties may unite and start picking on you.

♍ **Virgo** Aug. 24-Sept. 22 It's not like you to seek approval — usually you couldn't care less what other people think — but for some strange reason you crave the support of partners and colleagues. Just be careful you don't pay too much for it.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ **Libra** Sept. 23-Oct. 23 You are beginning to realize that you have bitten off more than you can chew. How you got into this situation is not important — what matters is how you are going to get out of it.

♏ **Scorpio** Oct. 24-Nov. 22 Your confidence may be high at the moment but that won't protect you from people who are hoping to get rich at your expense.

♐ **Sagittarius** Nov. 23-Dec. 21 The Sun in the sensitive sign of Pisces is making it hard for you to hide your anxieties, but why would you want to? You don't have to face each and every situation alone.

♑ **Capricorn** Dec. 22-Jan. 20 Don't be taken in by a sob story or tale of woe. You should know by now that nine times out of ten they turn out to be false.

♒ **Aquarius** Jan. 21-Feb. 18 There is so much going on in the world but you must not let it distract you from your number one aim: making money.

♓ **Pisces** Feb. 19-March 20 You are right to be angry with someone who has let you down but don't let it eat at you emotionally. The Sun in your sign makes all things possible, so forget what they've done and focus on what you're going to do next.

● SALLY BROMPTON

Caption contest



"Rock, Paper, Bat."
WOODENDART

WIN!
You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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Traction Control

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Spoiler, Alloys

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spoiler,

\$19,995

STK# P102770

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Sunroof,
Traction Control

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Cruise, ABS

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STK# P102727

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A/C, Tilt, Cruise,
Automatic

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STK# P102647

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Power group,
ABS

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entry, A/C
Cruise, ABS

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Tint

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Traction
Control

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STK# P102874

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Control

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A102682

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